WHAT EVERY WOMAN WANTS TO KNOW-THINGS THAT INTEREST MAID AND MATRON

A WORD TO THE BUSINESS GIRL

Exercises That Will Preserve Health.

It is to the girl who "does things" to when we take off our hats in this age, not to her who simply "talka" things, and who sighs for the days of Wishing Carpets, Seven League Boots and Magic Images.

When one stops to think, there is just and the control of the production of the p

When one stops to think, there is just one thing absolutely necessary to happiness—and that is good health. The person thus andowed may snap her fingers in the face, of adversity. And to the possession of good health, such things as money, autemobiles and fine raiment are in money, autemobiles and fine raiment are in money, autemobiles and fine raiment are in money excepting a drawback. Good, moderals-priced food, and warm, substantial clothing are better rose growers than highly seasoned inxuries, silks and satins. The pessimist constantly prates about highly seasoned inxuries, silks and satins, busing new microbes labelling germs and anticipating more seurces of infection that the contagion of health, by which nine hundred and ninety-nine-one-thousandths of us cheat the undertaker is overlooked entirely.

The times—Rotate the body on the hips from the walst, making circle as large as possible.

Ten times—Rotate the head on the neck in the same way. Let the head fall heavily of its own weight and thus carry tiself around. This will round out the nect and insure a graceful and easy carriage of the head.

Ten times—With left hand on hip, by movement of head, which nine hundred and ninety-nine-one-thousandths of us cheat the undertaker is overlooked entirely.

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The following simple exercises (and the beautiful, hopeful truth is that all essential things are simple and primitive) indulged in night and morning, are anti-

developing strength this movement will become easy and controlled. This is a very exhibitanting exercise.

will help.

And don't forget to walk to business tomorrow morning, and all tomorrows. If

which nine hundred and ninety-nine-onethousandths of us cheat the undertaker
is overlooked entirely.

The chances of being infected with
health instead of disease are 1000 to 1
in favor of the former. A good circulation and a good digestion are lusty
twins that defy the onslaught of all
kinds of disease germs, and there are
very very few of us who have not our
salvation within our own grasp.
Deep breathing, a few simple exercises oight and morning and the appropriation of your nickels to your own
bank account instead of that of the
street railway companies will abolish
most of the evils to which human flesh
fa helr, and remove such words as
anseenis and tuberculosis from the dictionary.

The following simple exercises (and the
heautiful, homeful truth is that all eases).

These simple exercises, if patiently and Gotes for poor health and poor spirits:
Wear a loose, warm robe, light bedroom shoes, and open all the windows.
Stand on the balls of the feet, chest up, hands on hips, breathe slowly and deeply, exhaling all the air from the lungs before taking the next health of the services. If patiently and case of constitution, and to insure a free graceful and easy carriage.

Make all movements slowly and deflicately.

Ten times—Rise slowly to the toes and slowly sink back to balls of feet. With

very exhilarating exercise.

Ten times—Standing on balls of feet, hands on hips, sink slowly to sitting postfure and slowly recover standing position, general rejuvenation, even if you have holding torso erect. The value of this exercise is very great and soon estab-

Household Hints

When eggs are scarce, mix a dessertspoonful of vinegar with a gill of milk and use for making cakes. The quantity is equal to two eggs.

To clean a white felt hat, rub the hat with a mixture of equal parts of chalk and magnesia. Leave the powder in the felt for a few hours, then brush oft and rub with soft breadcrumbs.

To remove the smell of fish from forks, wash the forks in hot water, then remove from the water, and rub over with a tiny place of butter. Wash again and all smeil

with disappear.

When slicing bacon, place it with the rind side down and do not cut through the

Potted plants which show signs of fading can be revived if watered with a solution of ammonia and water, a tenspoonful of nonia in three quarts of water being

the correct proportion.

When cooking vegetables, remember that all vegetables which grow above ground should be put into boiling water, and all which grow underground in cold water, with the exception of new potatoes.

England now has 17 schools where
women are taught gardening, poultryraising, bee-keeping, farming, horticulture
and domestic science. Glynde, in the Midthree of the most farment schools

The industrial and legislative section of the Philomusian Club, of which Mrs.
Samuel B. Jarden is chairman, will hold an open meeting on Tuesday, November

and the subject of "Household Waste"
will be treated by the well-known speaker,
Mrs. Scott Nearing.

The other club divisions will meet as an open meeting on Tuesday, November

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Miss Melville, one of New Zealand's few being one of the two women city counre in the dominion, the other being Edith Huntley, of Miramar, Welling-Miss Melville was in Wellington last

men as well as charm. Although she is 70 years of age, Mrs. Kin Seno, who is head of the Seno Commercial Bank of gently in a warm lather of soap and Tokio, Japsen, is considered by financiers of that country to be one of the most efficient bankers they have.

have time to come and see us.

Milady's Bath

reversy. Our says it should be bot, or says it should be cold. The fact

that both are very stimulating. They are increased circulation, and the blood size to all parts of the body. This is a much like the arter effects of a pownitr attenuating drug. Whether or not a constitution can stand this had better depreciated by your physician. It

units in rely on supposition in this

Milady's Toilet Table

The girl whose face is very thin, but a nose tissues are so flabby that the ordinary skin food seems to have no effect, will profit by the advice of a French authority. Like most French preparations, the treatment is rather expensive, but the girl who can afford to have an emaciated appearance is very rare. Then, too, after you have used somether the start you have used somether. too, after you have used enough of the tissue builder, and gotten good results, you can continue with some good facial

Olive oil 4 ounces
Spermaceti 8 ounces
Cocoa butter 1 ounce
White vaseline 2 ounces
Benzale acid 4 deabase

flugers, and massage the face with it. Remember always to use a circular movement, and to see that the cream goes into the pores of the skin. Then grease the fluger tips with more. Once a day is often enough for this treatment, or twice for hollow checks.

The Busy Bee's Notebook

oven before using to stuff the cushions.

Cut flowers will retain their freshness much longer if a pinch of salt and a little charcoal be added to the water in which they are kept. Break the stick char-coal in small lengths. When cut flowers arrive at their destination withered and drooping, cut a quarter of an inch off week, as an Auckland delegate to the such stem and plunge the ends in boiling water for about five minutes and they will quickly revive.

work, and eight of play" is a glorious old

pores of the skin just enough to be health

promoting. Besides the feeling of faintness which often follows an extremely

hot bath, is a rather unpleasant thing.

With the warm bath there is no fear of

A good many people follow the Japanese method of "scaling" at their case, thus avoiding the lowered vitality that the

Currespondence of general interest to women readers will be printed an inte page. Such currespondence should be addressed to the Waman's Editor, Evening Lodger.

TO WOMEN WHO NEVER REST

Chat by a Calm Girl

During my college days we ran in one in it to moments of tranquillity and di-

afternoon to see a brilliant girl in her version, she must pay for her folly in

working her way through and did not "Eight hours of sleep, eight hours of

She jumped up from her books to greet rule. But, of course, most women cannot thing to work on while we talk," she bried.

During our visit her nimble fingers flew than 15 or 20 minutes; if she is a house-

this.

little room under the eaves. She was shattered health.

Mix thoroughly with two and one-half sunces of boiled water (while still hot) REDINGOTE OF BLACK DUVETYN WITH SEAL COLLAR the bare flesh, nor hot enough to cause

WOMAN OUTSIDE THE HOME Around the Clubs

17, at 3 p. m. The speakers will include Mrs. Henry T. Musten is chairman, is

The plane practice class, of which been awarded a medal of honor for having served continuously for 30 years in one establishment. Germany, too, decorates her faithful domestics who can show similar records of service in one household.

When doing needlework keep a small muslin bag of talcum powder in a covered box in the workbasket, and dust the powder over the fingers when they perspire.

Mrs. Kate Waller Barrett, of Washington, and Charles E. Fox and Jasper V. Brinton, who will present "The Childand Charles E. Fox and Jasper V. Brinton, who will present "The Childand Charles E. Fox and Professor Westernoon of the charles of talcum powder in a covered box in the workbasket, and dust the powder over the fingers when they perspire. held Tuesdays at 10 a. m. The phil-anthropic section meets Fridays at 10 dancing class meets, and Professor Western's Side."

Mrs. James P. Lichtenberger is the chairman of the conservation section of the Philomusian Club. Thursday, November 19, at 3 p., m. will be economics day. Miss Helen Louise Johnson, of New York, will give a talk on "Home Efficiency." Miss Eleanor Larrabee Lattimore will discuss the "Servant Question," 2 p. m.

To Learn and Practice The Business Girl Says

I will control my temper and endeavor never to act hastily or speak angrily. I will respect the weak and aged, and always defer to them, help them and com-

endeavor never to speak ill of others or call attention to their failings or defects, nor will I permit another to do so in my I will be sympathetic with those in sor-

row, and will help and cheer unfortunate ones on the road of life. I will engage only in such amusements

and cultivate only such companionships as tend to develop the best that is in me, perfect my ability to do my best work, and lead me to the noblest life. I will consider the inward state more important than the outward circumstance, nd be content with what I have, rather than sigh for what I have not.

New Cure for Neuralgia

A strange new remedy has been discovered for facial neuralgia. This is such a painful complaint, and so lasting, that it is worth while trying the pre-scription. No reports as to its success have been received as yet. However, if you get neuralgia about this time, and it lasts the best part of the winter months, you will probably be ready to try any-

thing.

The treatment is so simple that it sounds absurd. If the pain runs down the right side of the face, fill a basin with boiling water—or as hot as you can bear—and immerse the left hand in it. If it is in the left side of the face—immerse the right hand.

It is based on the principle that, as all nervous impulses terminate in the

During our visit her nimble fingers flew on a shirtwaist she was making, and she was drawing her needle in and out as she walked with us to the door.

"she is never idle," they said of her in college. When other girls took a nap or gathered in Rimonos to loaf on half hollidays, that siri sat at her table in a high coller, grinding; if we took a walk on beautiful days, she would not join us. Instead, she sat under a tree on the rimonis and sewed, or duried, or studied. She said in that way she "got the air" and didn't "waste any time."

Twenty years afterward, I met that girl I thought one so brilliant and indigeratious would have become rich and familias. Instead, she was a nervous wreck, drawing hernelf about a shabby little house, that her underpaid professorbushand kept for her. She neaged and congulated incensantly, his associates said, and she still despised recreation so much that she fluttered about all day ince a hen with its head off—and accomplished nothins.

I does not part. The day is only just be enjoyed without the nervous accomplished nothins. said, and she still despised recreation so much that she fluttered about all day into a hen with its head off—and accomplished nothing.

It does not pay. The day is only just as long, and woman's strength has its limitations. If she will not give time or smbroidaring.

It is based on the principle that, as all nervous impulses terminate in the brain, the crossing of the tractile nerves in the brain.

Care of the Feet

Women who do a great deal of walkstores or any other place for any length of time, know the torture of cramped feet. A properly fitting shoe is, perhaps, more important to enloyment than any other part of one's costume. Many an afternoon or evening has been spoiled by a tipy corn or a shoe which "cute" across

exertion of rubbings, etc., in a very hot bath is likely to produce.

The only ramedy for the shde trouble is to struct the shape of your foot and try to select a shoe which conforms to it.

Grade Theo. J. Sinfest,

This is not an easy thing to do, for no two people's feet are alike, and shoes are manufactured for the majority. Rather than have any of the pain and discomfort from tight shoes have them made to order. It undoubtedly pays in the long run.

You can avoid ordinary foot trouble by little careful attention. The most efficlent remedies are the simplest, so that any one will have them right at hand. If your feet are very tender and have a burning sensation after a long walk, bathe them in warm alum water. This affords an excellent relief. The warm water and ammonis bath is good for perspiring feet. Use about a teaspoonful of ammonis to a pint of water. When the feet have been dried, dust lightly with boracle acid powder.

If you are siven to long tramps, a very

If you are given to long tramps, a very strengthening thing for the feet is to bathe them in sait and water. A silce of lemon bound on a corn will soften it considerably. It is much less painful than the corn plaster, which simply ruins the feet. A soft corn may be gently rubbed with munice stone. with pumice stone.

The Value of Paper

It deserves to be better known that paper has wonderful powers of shutting in heat, and, although a complete ward robe of paper is out of the question, it can be used in many ways to eke out more costly garments. Paper has the advantage of being cheap, and, as it is so plentiful, it can be replaced as soon as it becomes soiled and worn.

A sheet of newspaper with a few wen tilating holes pierced in it answers the purpose of a blanket, and when placed between a blanket and the quilt, is light and warm and not unsightly. Excellent rullts can be made by sewing together as many newspapers as are required, and piercing them with ventilating holes be-fore covering them with sateen, chints or

Paper torn in tiny shreds makes a good filling for the mattress of a child's cot, and when it is soiled it can be easily replaced. The same kind of paper shreds make a good filling for pillows. There is a big demand for extra pillows.

ALL THAT YOU GET HERE IS

MODES OF THE HOUR

Suit of Quiet Elegance Shown, Though Fashion Has Shifted to the Motley.

and then not seen or supplanted before the inclination has become adjusted to

Once upon a time black was the wear, par excellence, for the street. Now, it

All the colors of the rainbow were right, fitting and proper for the evening. Now, black has an unassailable position and black velvet a royal place. Other times, other manners, or the world would stand still.

A suit of quiet elegance is sketched today. That is, it would be quiet if black, if a beautiful simplicity were not distractingly noticeable in a crowd arrayed with a Solomon-like glory.

The coat is unusually long, even for a coat of the redingote class, and it obtains the requisite fuiness by means of the unsitted plaits. They start at the shoulder in back and in front and continue in an unbroken line to the very bottom of the coat.

the coat.

The collar, unobtrusively small, is of seal and the belt is made of sealskin fur banding about three inches wide.

Materials such as albelline, duvetyne and velours are highly satisfactory for suits where the wearing quality is conserved. but they will stand hard service without but they will stand hard service without if sealskin is expensive, yet it will outshowing its signs, if they are well tailorif sealskin is expensive, yet it will outshowing its signs, if they are well tailorwear cheaper furs twice over and it is cerned. They are expensive to start with. ed in the first place,

The fur coat is too heavy for every never out of fashion.

The reverse of the medal shows the

While simplicity that verges on severity has its points, it is not for every one. And only a man would imagine a plain suit to be more easily made than full and frills. It takes a tailor of a high grade to put the right stamp on suits that lack detail and depend on their lines for their effectiveness. beauty of texture.

gance on the one hand or inconvenience on the other.

Wit, Women and Wisdom Love needs no vocabulary.

Man was made but little lower than the angels, but what woman was made of was left for man to find out.

When a woman leaves a man, his money has generally gone before.

There's little in a name except when it's in the wife's name.

money has generally gone before.

There's little in a name except when it's in the wife's name.

When a woman begins to know what she wants, she usually wants what she wants, she usually wants what she Coen't know.

Vanily covers a multitude of skins—with Vanity covers a multitude of akins-with cosmetics.

good husband tells a wife her faults. An ideal one doesn't think she has any. A glad eye and a joy day often go together.

A man is an asset to a woman, but she is his liability.—London Mail.

To Treat a Faint

The cause of a fainting fit may be fright, shock (even of pleasure), pain, or anything else, but the result is interference with the circulation. The blood leaves the brain, and unconsciousness immediately follows. Obviously the right course is to get the blood back to the brain. The patient should be laid flat, without even a pillow under the head. All clothing should be loosened, especially about the neck and walst. If the unconsciousness persists for more than a few minutes, heat should be ap-plied to the feet, but care must be taken

Beauty Hints

Avoid all sweets, sugar, pastry and hot cakes, for two or three months, and in-dulge freely in fruit and vegetable dist, and you will be amply repaid by your

that lack detail and depend on their lines for their effectiveness.

Things have a way of evening up, however. If the girl to whom the tailor made suit is becoming must pay high for it, she has the satisfaction of knowing that she can wear it twice as iong as the coat cut in some unusual or extreme way, without growing tired of it.

While it may not be ultra to start out with it is the less likely to become passe at short notice. No matter how charming the novelties may be, and very often they are really beautiful, they are not "fast colors" from the point of view of daily envisaging them.

They are for the girl who can make her own clothes, or for the woman of means. Either way they can be discarded in the fulness of time without extravagance on the one hand or inconvenience.

A colat that has a light cheviot in dark colors. Is made of pebble cheviot in dark colors. A collar of estactic loth is a pleasing feature. The price is \$16.50.

French boucle in gray makes a coat that looks as if it had come from the up to the view of the way to start out way zone. It has a high military collar, and a belied back that shows a swirt. The price is \$11.

In the misses' departments good values are showing. A storm coat in an excellent quality of zibeline, belted and buttoned, costs \$10.00.

At the same figure coats similar in style are made of chinchila and boucle and fine vicunas and mixtures.

At \$8.75 coats specially designed for school or college wear are sold. They

complexion being clear, eyes bright. checks rosy and lips red, besides being A match-maker oftens burns her fingers. the possessor of youthful energy and

good health. Commonsense in eating and drinking. together with plenty of fresh air, sleep-ing in a room well ventilated, a warm bath taken two or three times weekly, Across the Counter

There is no garment from which one can derive greater comfort than from a good heavy coat. Fashlon sanctions it and turns it out in every conceivable

shape, cut and kind. A very amart looking coat, three-One might well presuppose legerdemain day, day in and day out, and too ex-to account for the things that are seen pensive to be considered by the rank and then not seen the seen pensive to be considered by the rank and then not seen the seen pensive to be considered by the rank and the not seen the seen pensive to be considered by the rank and the not seen the seen pensive to be considered by the rank and the not seen the seen pensive to be considered by the rank and the not seen the seen pensive to be considered by the rank and the not seen the seen pensive to be considered by the rank and the not seen the seen pensive to be considered by the rank and the not seen the seen pensive to be considered by the rank and the seen the see for \$15. A close fitting collar buttons at the throat, the sleeves are set in and a The reverse of the medal shows the coat of cheviot or serge as something too light for the coidest days of winter. Ergo, these new woolens are desirable for their warmth in addition to their service for the winter and make a good

sports coat in the spring. A redingote of plaid, with a rippling skirt, a belt at the back, close velvet collar and large buttons, as trimming.

new costs \$11.75. A coat that has a distinct military air is made of pebble cheviot in dark colors.

school or college wear are sold. They are in the length called seven-eighths. with belts, patch pockets and cuffs, and with collars that can be buttoned to the

throat or left open.
Coats of silk plush with fur collars can be bought for \$15. This is an excellent value and one that women of small size might take advantage of. The coats are dressy enough for afternoon wear over the one-piece frock. The fashionable fur fabric makes at-

tractive coats that sell for \$18.50. They are silk lined, with collar and cuffs of silk plush. A broad belt at the hips confines the fulness that escapes in ripples further down.

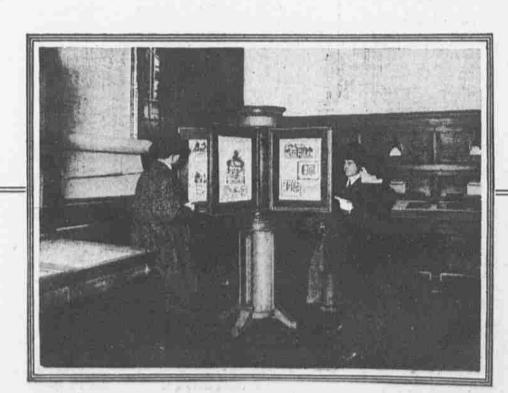
A rich looking Persian cloth makes an attractive looking cost that sells for \$12. The model is a good one and not too sportsmanlike for afternoon wear.

Red Label

60c

Per Pound





Buff Label

80c

Per Pound

"Why, that's just the kind of a home I want!"

"And here are complete floor plans, and costs, and-and everything!" On this convenient display rack are shown photographs and plans of twenty-five suburban homes, costing from \$2800 to \$7500.

Further-Ledger Central will supply the names of builders who will construct the house at the price specified. Also, of real estate dealers who have building lots for sale in any desired location.

Ledger Central stands for service-service to Philadelphia and Philadelphians. This "Home-Builders' Service" is simply another example of its usefulness.

LEDGER CENTRAL

Chestnut Street at Broad